

Hello! Today we looked at MOVEMENT and what that means to us as actors and our characters.

We spent the first 10 minutes doing a full physical warm up. You can try this at home by following along with me in this video;

<https://www.youtube.com/watch?v=uxljeFO5pqqo>

We then played a game called 'Show and Tell.' This is an improvisation game and you can find out how you play in the video below;

<https://www.youtube.com/watch?v=4tXxKljjgVI>

I then asked the question; what does physicality mean to you? The definition is 'the fact of relating to the body as opposed to the mind; physical presence' Or 'involvement of a lot of bodily contact or activity' – do you agree with this? Are there other ways that you can define physicality especially when we are acting?

Have you ever noticed anything about a person or a character's physicality? They swing their arms when they walk or they puff out their chest? What do these particular things make you think about the person or character? Maybe if they swing their arms, it could mean they are positive or cheerful, if they puff their chest out they are confident or arrogant.

We then spent some time experimenting moving around the space each person was in and being lead by different parts of your body e.g. your nose, your tummy, your chest, your heart, your head. Ask yourself how it feels when you move with these different parts – did you notice a different character or feeling emerge? Maybe curiosity for your nose or loving with your heart?

I then introduced the idea of Laban and Efforts. Rudolf Laban was a choreographer but is now more widely known for creating a way to analyze and record movement in a written form.

He created 'EFFORTS' which were ways of identifying the quality of our movements when we are in action.

They refer to 3 MAIN ASPECTS of movement;

TIME (sustained or sudden)

SPACE (indirect or direct)

WEIGHT (strong or light)

These can be combined to create the 8 different Efforts which you can see on this chart;

action	space factor	weight factor	time factor
punch	direct	strong	sudden
dab	direct	light	sudden
press	direct	strong	sustained
glide	direct	light	sustained
slash	indirect	strong	sudden
flick	indirect	light	sudden
wring	indirect	strong	sustained
float	indirect	light	sustained

Table 1: The Eight Basic Effort Actions in LMA.

As you can see the different factors of time, space and weight are combined to create their own efforts. Some are self explanatory – we have all seen a punch movement! But what about a glide or a wring? What sort of movement does that make you think of? An ice skater gliding over the ice? A washerwoman wringing out wet clothes?

Can you relate these to types of character – a character who glides may be someone who is nobleman in ancient times? Someone who wrings maybe a character who is very nervous and twisted up inside?

These charts help us identify how these efforts can be used for different personalities as well as movement ;

<p>Dab</p> <ul style="list-style-type: none"> • Curt • Quick-witted • Precise • Punctual • Sarcastic • Biting • Glib • Sweet • Comforting • Efficient • Clear • Organized reliable • Placating cheerful • Joker 	<p>Punch</p> <ul style="list-style-type: none"> • Exacting • Forthright • Dangerous • Forbidding • Volatile • Aggressive • Impatient • Surprising • Compulsive • Definite • Self-assured • Righteous • Ego-centric • Decisive
<p>Glide</p> <ul style="list-style-type: none"> • Graceful • Elegant • Effortless • Soft-spoken • Demur • Elusive • Eloquent • Controlled • Consistent • Accepted • Controlling • Charismatic • Lovely • Unreliable 	<p>Press</p> <ul style="list-style-type: none"> • Insistent • Unyielding • Direct • Persistent • Steady • Consistent • Irresistible • Oppressive • Stubborn • Tenacious • Tense • Reliable

<p>Float</p> <ul style="list-style-type: none"> • Effervescent • Flighty • Spiritual • Light • Playful • Spacey • Airy • Ethereal • Wordy • Twirling • Ditzzy • Dreamy • Sensitive • Artistic • Apathetic • Unsubstantial • Superficial 	<p>Wring</p> <ul style="list-style-type: none"> • Worried • Introspective • Tormented • Indecisive • Sullen • Distraught • Gloomy • Distressed • Melodramatic • Obsessive • Dark • Depressed • Anxious • Focused • Creative • Sensitive • Artistic • Empathetic • Broody
<p>Flick</p> <ul style="list-style-type: none"> • Dismissive • Easy-going • Careless • Flighty • Impetuous • Impulsive • Unreliable • Mercurial • Silly • Frothy • Witty 	<p>Slash</p> <ul style="list-style-type: none"> • Angry • Violent • Dangerous • Chaotic • Unpredictable • Unreliable • Ebullient • Energetic • Explosive • Passionate

I explain a but more about it in the video below and give examples of the different efforts;

<https://www.youtube.com/watch?v=uM6ACJu3ep4>

I then asked the group to try walking with some of the different efforts. How can you walk with 'wringing', and when you do it how does it make you feel? How does that differ when you try to walk with a 'punch' or a 'glide'?

The group then performed the monologues they had written for the objects or buildings they had noticed in their local area.

We had a discussion about what sort of a character these objects/buildings might be (drawing from our work on character last week) and thought about what effort they may be, or where they may lead from in their body.

I asked each member of the group to choose a short section from the monologue and try it a few different ways with different lead body parts and efforts – some may feel natural and feel right for the character others completely wrong but that is okay! It's just as important to discover what isn't right for the character as what is – you may even discover that a few different things work. Try out a few variations at home and see what you find out about this character.

We ended by performing these back to the group and talking about how it felt. Why don't you do the same at home – you could even perform to someone else so that they can see your physical transformation!

For next week;

- I would like you to write something that starts with the phrase 'On My Street'... this doesn't have to be a monologue (although that is fine as well!) It could take the form of a poem, a short story, a spoken word piece, even a song! Whatever inspires you!
- Bring it along to next week's session as we will be using it in the session.